

PREPAREDNESS FOR THE CANNING CAMPAIGN

YOUR CANNING EQUIPMENT: BUY IT NOW

By ANNE LEWIS PIERCE
Director, The Tribune Institute

DO YOU remember that last year you had much trouble in getting the kind of canner you wanted? You can always fall back on the good old family wash-boiler with a rack in the bottom of it, but even the racks were scarce.

You had a hard time getting the glass jars you fancied, and after you got them into the boiler you couldn't get a lifter to get them out for love nor money. All these things are apt to happen again this year with emphasis, and if you intend to can—and who doesn't?—get your equipment together before the rush is on. Put your orders in early, and so be prepared to can each fruit and vegetable when at its height, and therefore cheapest and best.

We ought to can as never before this year to rescue every one of the perishables from the season of overproduction and preserve them for the time of scarcity, to supply our own tables next winter at a minimum of expense and a maximum of wholesomeness and to set free the commercial pack for the army at home and abroad. What housekeeper wants to sponge on the soldier's mess, when she could have her own supplies in the cellar? If you buy the foods wisely it means an economy for you, and also a setting free of labor and materials for war needs.

The cold pack method has amply justified itself in our opinion by the severe test undergone at the hands of many amateur canners last summer. Canning is a laboratory method—depending on perfect sterilizing and sealing. You need proper equipment and the most conscientious attention to detail—even a slavish following of instructions. It is not safe to disregard what may seem from the old-fashioned point of view immaterial directions. One must be careful not to mix methods, but to follow through quickly and accurately to the completion of the job when the canning is once started. The selection of young, fresh, first class vegetables and fruits is important; nothing comes out of the can better than it goes in. All these things spell success in canning. And when it is successful canning means foods preserved with the greatest possible degree of freshness and economy. There is less expense for sugar, and therefore it is possible to put up more food than by the old-time preserving process.

The Hot Water Bath

The equipment to be selected depends altogether on individual needs, the amount of canning to be done, the place of installation, etc. The conditions vary all the way from those of the woman in a small apartment who wants to put up a few jars of each fruit and vegetable as they come along to the woman with a suburban garden or small farm or work on a community scale, calling for pressure canners of large capacity. For the average woman the wash-boiler (No. 8 size), with a tight fitting cover and a wooden or metal rack in the bottom, is very satisfactory. This will hold from twelve to fifteen quarts, and though the temperature cannot be higher than boiling (212 degrees), the work can be accomplished in a reasonable time, varying all the way from twenty-two minutes for tomatoes to three hours for corn.

The Hall Canner is a slight modification of the wash-boiler type, consisting of a galvanized steel cylinder with six two-quart jar holders. These take the place of rack and lifters, and, owing to the shape, it needs only one burner and takes up less room on the stove than the elliptical wash-boiler.

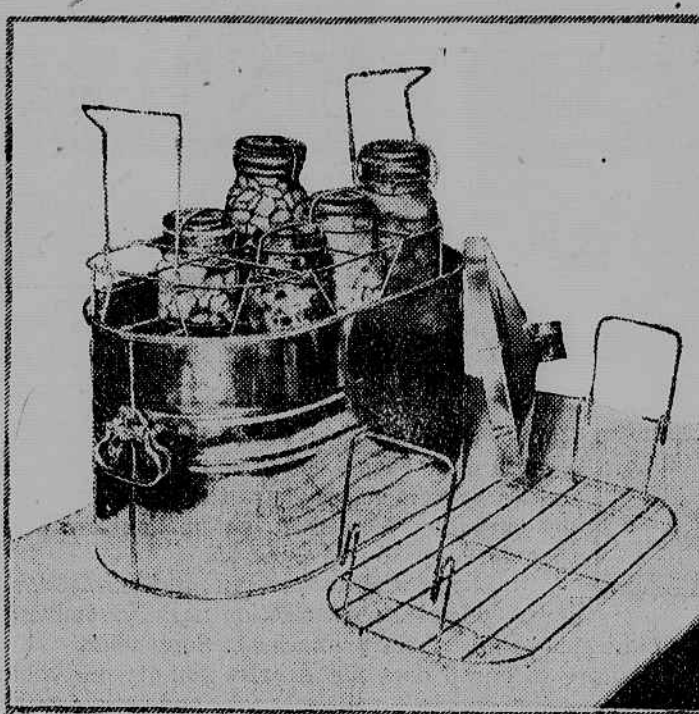
The Water Seal

A simple and convenient type of canner, standing between the boiler and the pressure cooker, is the water seal, which, by confining the steam, raises the temperature of the canner (214 instead of 212 degrees) and so slightly



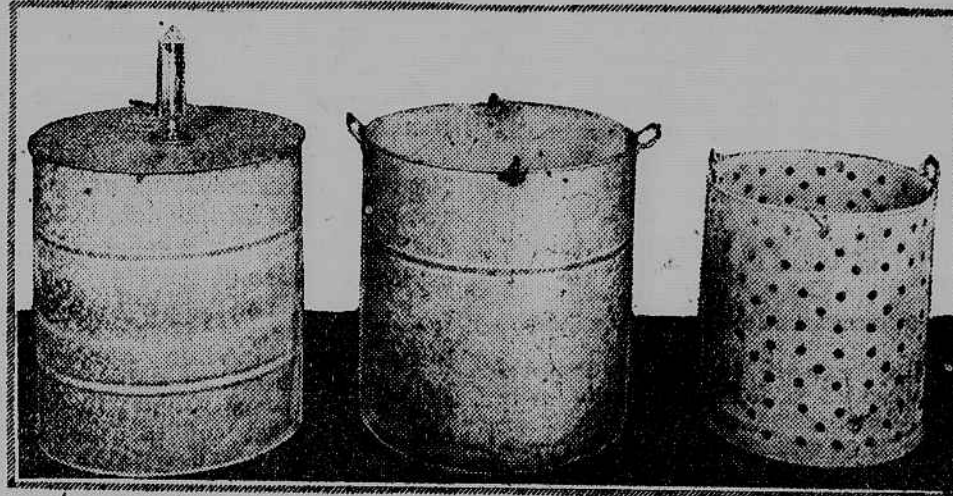
The ordinary wash boiler fitted with a rack is quickly and cheaply converted into a home canner. Every home can afford a canner of this type.

The aluminum pressure cooker is light, small, safe and time-saving. Useful all the year round, as meats and vegetables can be cooked in it under pressure.



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The three parts of a water seal canner, that form a compartment in which the jars are processed in a steam bath at a temperature of 214° F.



from the wash-boiler is largely avoided and the jars are easier to handle.

Types of Jars and Cans

After you have decided on the type, capacity and cost of the canner that just fits your canning requirements, the next most important point is the container. There is no money in economizing on rubber rings or the caps of jars and losing a whole pack of vegetables. And no matter how perfectly the sterilization may have been carried out, hermetic sealing is the other "must" for successful canning. If the seal is not perfect, due to rough edges of jar, imperfect spring or bad rubbers, the food will be reinfected and spoiled.

The round Mason jar is a well known type with the metal screw cap with porcelain lining. It has some disadvantages; it cannot be cleaned so perfectly and must be tightened several times during the cooling process, but it is also the cheapest and a good jar for the money. There is also a wide-mouthed Mason jar and the White Crown cap is easily cleaned.



Typical glass fruit jars. Nos. 1, 3 and 5 are Mason jars with different style screw caps. No. 2, a straight-sided jar with no shoulder and a glass top. Nos. 4 and 8 are the Lightning type, but the large jar is partially sealed as it would be placed in the canner. Nos. 6 and 9 are square-sided Lightning jars. No. 7 is the Economy jar, which is totally sealed before going into the canner.

The Lightning wide-mouthed type has a glass cover with a wire clamp, is easily cleaned and sterilized and lends itself perfectly to the half seal and subsequent complete sealing called for by the cold pack method. It may be used in round or square shapes, the square jar representing a saving in shelf and packing room of 22.5 square inches on six one-quart containers—making room for one additional jar on the shelf out of every seven.

The Economy Jar has a cap coated with a special composition. It is put into the canner completely sealed, and is considered by some to be especially safe, as it can be accurately and finally tested for perfect sealing when the process is complete, whereas defects in the rubber rings might develop later, though responding to the test when taken from the canner.

The tin can is cheaper and more convenient for some products than glass, but has always been a bugbear to the housekeeper, because the top must be soldered on. The Burpee Sealer, by a hand operated crank requiring a very slight effort, provides a sanitary seal without solder. With a little practice over a hundred cans an hour can be sealed by this device, and

TYPICAL CANNERS AND CONTAINERS

TESTED AND ENDORSED BY THE TRIBUNE INSTITUTE

DE WITT V. WEED, JR.
Engineering Expert
LOUISE M. WILLIAMS,
Domestic Scientist

CANNERS

LISK CANNER No. 77—Price, \$2.25. Made by the Lisk Mfg. Co., Canandaigua, N. Y., and New York City.
"SUZAN" FRUIT JAR LIFT—Price, 40, 50 and 75 cents. Made by Hamblin & Russell Mfg. Co., Worcester, Mass., and 45 Cliff St., New York City.
HALL CANNER—Price, \$4.50. Made by the Hall Canner Co., 104 Auburn Ave., Grand Rapids, Mich.
MUDGE PATENT CANNER AND STERILIZER—Price, \$4.50 to \$22.50. Made by Biddle-Gaumer Co., 2846-3856 Lancaster Ave., Philadelphia.
IMPROVED WATER SEAL CANNER—Price, \$12.50. Made by West Mfg. Co., 58 North 2d St., Philadelphia.
"CONSERVO" CANNING OUTFIT NO. 20.—Price, \$8 to \$20. Made by the Toledo Cooker Co., Toledo, Ohio.
PRESSURE COOKER—Price, \$18, \$24, \$30. Made by the Pressure Cooker Co., 332 Broadway, Denver, Col.
NATIONAL JUNIOR NO. 1 CANNING OUTFIT—Price, \$25. Made by Northwestern Steel and Iron Works, Eau Claire, Wis.

CONTAINERS, CAPS, ETC.

KERR "ECONOMY" JAR—Price, \$1.50, \$1.75 and \$2.25 per dozen. Made by the Kerr Glass Mfg. Co., Sand Springs, Okla.
EUREKA FRUIT JAR—Price, \$1.50 and \$1.75 per dozen. Made by the Eureka Jar Co., 41 Harrison St., New York City.
"QUEEN" FRUIT JAR—Price, \$1.25, \$1.50, \$1.65 and \$2.25 per dozen. Distributed by Loring Lane Co., 41 Harrison St., New York City.
DOUBLE SAFETY FRUIT JAR—Price, \$1.25, \$1.50, \$1.65 and \$2.25 per dozen. Distributed by Loring Lane Co., 41 Harrison St., New York City.
ATLAS E-Z SEAL FRUIT JAR—Price, \$1 and \$1.15 per dozen. Made by Hazel-Atlas Glass Co., Wheeling, W. Va.
KERR SELF-SEALING MASON JAR—Price, 90 cents and \$1 per dozen. Made by Kerr Glass Mfg. Co., Sand Springs, Okla.
JIFFY JELLY GLASS—Price, 98 cents per dozen. Made by Loring Lane Co., 41 Harrison St., New York City.
WHITE CROWN MASON JAR CAP—Price, 35 cents per dozen. Made by the White Crown Fruit Jar Co., Louisville, Ky.
BURPEE HOME CAN SEALER NO. 2—Price, \$14. Made by the States Metals Co., 30 Church St., New York.
SANITARY TIN CAN—Price: Pints, \$3.55 per hundred; quarts, \$4.65 per hundred. Made by the American Can Co., Chicago, Rochester and Baltimore.
ENTERPRISE BOTTLE CAPPER—Price, \$4.50. Made by the Enterprise Mfg. Co., 3d and Dauphin Sts., Philadelphia, and 29 Murray St., New York.

FRUIT JAR RUBBER RINGS

JUMBO JAR RINGS—Price, 15 cents per dozen. Made by Loring Lane Co., 41 Harrison St., New York City.
ARROW FRUIT JAR RINGS—Price, 10 cents per dozen. Made by Cupples Company, St. Louis.
"GOOD LUCK" RUBBER JAR RINGS—Price, 10 cents per dozen. Made by Boston Woven Hose and Rubber Co., Box 5077, Boston.

Prices subject to change

to cook for the soldiers just as surely as though you were stirring soup behind the lines. Out with the canning equipment, and every time you put up a can of vegetables remember that it is one more can released to go abroad or into the cantonments. No matter whether you do ten cans or ten hundred, do your bit to save some food. The Tribune Institute is ready to help you in every way possible, both as to methods and equipment. Call on us by telephone, mail or in person.

Old Lady 337: A Canning Idyll

By MARTHA M. STANLEY

WHEN a man joins a force of women workers it is usually from necessity or curiosity, but when patriotism is the motive the equality of the sexes seems mighty close to the millennium. The canning factory grew out of the tremendous success attained in the girls' vocational school, where over 10,000 jars of food were conserved in six weeks. An extension of this work was considered not only expedient but necessary. Accordingly, the Mayor's Committee of National Defence of Newark, N. J., pledged themselves responsible at the bank for \$2,500 to begin canning while vegetables were plentiful.

The first week in August the building controlled by the Newark Female Charitable So-

cietly was given over for the purpose. The top floor was thoroughly equipped and had a nursery in connection where the children were cared for while their mothers worked. They received the equivalent of their wage in conserved food valued at less than half of the current price in the Newark markets.

A hurry call for workers was sent out through the women's clubs and schools, and requests urgently given to circulate the need for help. This was heartily responded to by 336 women of American, Scotch, Polish, Irish and Italian parentage. Levelled to an equality never before realized and appreciated, these women conserved in thirty-six days over 11,000 jars of food for the winter's use.

They built up a charge of 4,000-odd hours, which at a schedule rate of 15 cents an hour, registered each night on their time card, gave them an equivalent of over \$600.

The instigators of this most successful project arranged for the distribution of this food Thanksgiving week, and this timely arrangement gave to the women an appreciation of the day they had never before realized—thankfulness for a day of plenty made possible by their own efforts.

Long before this result was made known Charles W. Speer was watching the enterprise. He was employed at City Hall, Newark, as telephone operator and night watchman, working often from fourteen to sixteen hours out of the twenty-four.

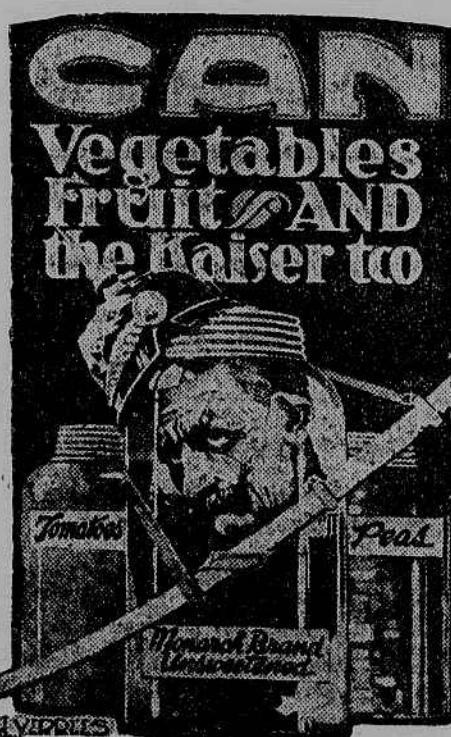
In the watches of the night he conceived the idea that whether this canning enterprise was a success or not it was time well spent and a matter well worthy his consideration.

His resolution was a fine blending of gallantry and patriotism, a desire not only to assist his country, but to lend his aid to the women who were doing work that was heavy and too arduous for any one except a man.

Unlike the average man, he reasoned that he could spare from four to five hours of the eight he allowed himself for sleep and recreation and give to this cause for his country's assistance, "being," as he stated, "too old to shoulder a gun."

Mr. Speer made but one stipulation to Mr. Shirley, of the Mayor's committee—that salary was not to be considered while he worked, if, in return for his gratuitous services, he could be assured that no more than six women were to give him orders at one time.

"The cannery was



(Copyright, 1918). National War Garden Commission, Washington, D. C.

the best cooperative institution I ever saw," said Mr. Speer. "Maybe I did not think so much of it at first, but after reading about it in the papers I thought I

would look into it. I wasted a number of hours each day and I knew it. I knew, too, I was beyond the age limit for war service, but somehow I never felt so useless in my life as when I thought that fact over. I never wanted to be of use to my country so much in my life, either, and to cart out

husks, pods and parings, build shelves, mop floors and rig strainers seemed to have a new kind of joy for me.

"I didn't know at first what the women were going to do down there nor how much, but I thought if they only put up a hundred jars it would be doing some good—sort of be a start, anyway, and maybe be sent to some orphan asylum.

"When I saw the jars by the hundreds piling up on the shelves I began to canvass. Somehow it seemed as if the scheme was running ahead of itself.

"The women were allowed 15 cents an hour for their work, and I could see where they were going to feed their families for the winter when they turned in their cards with the hours all punched. So I said to almost every woman I met, 'Why don't you go down and see what they are doing there?' Some went. A lot made excuses. Queer, ain't it?"

Mr. Speer's brow clouded as he tried to understand the stupor of those who seemed to be still asleep.

"It makes a man feel proud to get the same wages a woman does when women work as they did. A man would be a hog even to want any more, so my forty-two hours amounted to \$6.30.

"When the time came, around Thanksgiving, I took it out in food, and would you believe it? I couldn't take it home. There was too much. I was told there was going to be a surplus of the food, too, and I could buy a number of jars more at the cost price, if I wanted to, so I went home and counted up the shelf bank savings and went back to the storehouse with a little over \$22. I made four trips getting those goods home.

"When I had them all arranged in rows they

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